

# Index

- Abscesses, 7–11  
Acetyl-L-carnitine, 37, 38, 368, 562  
Acid/alkaline levels, 543  
Acidophilus (*Lactobacillus acidophilus*), 127, 513, 515, 562–63  
Acid reflux disease, 310–15  
Acne, 11–17  
Aconite/Aconitum napellus, 631  
Activated charcoal capsules, 261, 417, 563  
Acupressure, 661, 664, 666–68. *See also* Traditional Chinese Medicine (TCM)  
    basic techniques, 668  
    points, 668–75  
    practitioners, 695  
Acupuncture, 661, 663, 664–66. *See also* Traditional Chinese Medicine (TCM)  
    ear, 228  
    electroacupuncture, 139  
    practitioners, 665, 695  
Acute bronchitis, 102–7  
Acute eczema, 218–23  
Acyclovir, 309  
Adequate Intake (AI), 551  
Adrenal extract, 563  
Adrenal hormones, 688  
Aesculus hippocastanum, 420  
Aging, 17–22  
Agrimony, 648  
AIDS (acquired immunodeficiency syndrome), 23–28  
Alanine, 563  
Alcoholism. *See* Substance abuse (drug and alcohol addiction)  
Alfalfa (*Medicago sativa*), 602–3  
Allergies. *See also* Asthma  
    bee stings, 84–86  
    food, 251–56  
Allium cepa, 631  
Allylic sulfides, 544  
Aloe vera (*Aloe vera*), 603  
    burns, 111  
    Crohn's disease, 178  
    hiatal hernia/acid reflux, 312  
    irritable bowel syndrome, 346  
    kidney stones, 352  
    ulcer, 510  
Alpha linolenic acid (ALA), 535–37, 560, 573–74  
Alpha lipoic acid  
    diabetes, 193  
    glaucoma, 271  
    for poisoning, 417  
    syndrome X, 500  
Alzheimer's disease, 33–41  
American Association of Poison Control Centers, 415  
American ginseng (*Panax quinquefolius*)  
    about, 612  
    menopause, 373  
*American Heart Journal*, 135  
*American Journal of Clinical Nutrition*, 99, 401  
Amino acids, 533–34, 563–64, 566–67. *See also* individual names  
*Anas barbariae*, 248  
Androstenedione, 564, 680  
Anemia, 41–46, 419–20. *See also* Iron  
Angina, 131. *See also* Cardiovascular disease  
*Angustifolia*. *See* Echinacea (*Echinacea purpurea*)  
Animals  
    enzymes from, 572  
    law of proving and, 627  
    protein from, 533–34  
Anise (*Pimpinella anisum*), 603  
Anorexia nervosa. *See* Eating disorders  
Antibiotics. *See also* Pharmaceuticals; individual drug names  
    otitis media, 207  
    side effects, 511  
Antimonium tartaricum, 631  
Antioxidants, 17, 590–92  
    asthma, 62  
    burns, 112  
    high cholesterol, 151  
    HIV/AIDS, 26  
    macular degeneration, 363  
Anxiety, 46–52  
Apis (*Apis mellifica*), 631  
    bee sting, 86  
    hives, 318  
    preeclampsia, 435  
Apolipoprotein B (apoB), 148  
Arachidonic acid (AA), 537  
*Archives of Neurology*, 36

- Arginine, 309, 564
- Arnica montana, 631–32
- back pain, 420
  - bruises, 108, 109
  - muscle sprains and strains, 484
  - varicose veins, pregnancy-related, 437
- Aromatherapy, 651, 695
- in baths, 655
  - carrier products, 659–60
  - choosing and storing, 657–59
  - compresses, 656
  - direct inhalation, 655–56
  - emergency situations, 660
  - essential oils, 652–54
  - hair and skin, 657
  - history of, 651–52
  - massage and, 654–55
  - mouthwashes and gargles, 657
- Arsenicum album, 632
- insomnia, 431
  - for poisoning, 417
- Arteries, 518
- Arteriosclerosis, 130–39, 486–87. *See also*
- Cardiovascular disease
- Arthritis, 52–59
- Artichoke (*Cynara scolymus*), 603
- Ascaris lumbricoides*, 405
- Ascorbic acid, 556. *See also* Vitamin C
- Ashwagandha (*Withania somniferum*)
- about, 603
  - dizziness, 204
- Aspen, 648
- Asthma, 59–65. *See also* Allergies
- Astragalus (*Astragalus membranaceus*), 603–4
- asthma, 61
  - bronchitis, 104
  - cancer, 120
  - colds, 163
  - cough, 173
  - diarrhea, 199
- Athlete's foot (tinea pedis), 65–68
- Atrophic macular degeneration, 361–62
- Attention deficit hyperactivity disorder (ADHD), 68–74
- Australian Journal of Dermatology*, 67
- Avicenna, 652
- Ayurveda, 695
- Baby food, 541
- Bach, Edward, 648
- Bach Flower Remedies, 648–50
- anxiety, 48, 51–52
  - bee stings, 86
- Back pain, 74–81, 420–21
- Bacopa (*Bacopa monniera*), 367
- Bacteria, 127
- Bad breath (halitosis), 81–84
- Balch and Stengler Food Guide Pyramid, 531
- Barberry (*Berberis vulgaris*), 604
- Basal body temperature, 321, 322
- Basil (*Ocimum basilicum*), 604
- Baths
- aromatherapy for, 655
  - herbal, 599
- B-complex vitamin. *See also individual B vitamin names*
- anxiety, 49
  - cataracts, 145
  - chronic fatigue syndrome, 157
  - depression, 185
  - dizziness, 204
  - eating disorders, 215
  - HIV/AIDS, 26
  - pregnancy-related problems, 425, 432
  - rosacea, 463
  - seasonal affective disorder, 468
  - substance abuse, 494
  - TMJ, 504
- Beans, 70, 413
- Beech, 648
- Bee pollen, 564–65
- Bee stings, 84–86. *See also* Allergies
- Belladonna, 632–33
- Benign prostatic hyperplasia (BPH), 445–50
- Bentonite, 565
- Beta glucan, 565
- Betaine hydrochloride (HCL), 565–66
- arthritis, 55
  - macular degeneration, 363
  - rosacea, 463
- Beta-sitosterol
- about, 565
  - for prostate enlargement, 448
- Bilberry (*Vaccinium myrtillus*), 604
- cataracts, 145
  - glaucoma, 271
  - hemorrhoids, 297
  - macular degeneration, 363
  - pregnancy-related problems, 429, 436
  - varicose veins, 521
- Biofeedback, 695
- Bioflavonoids, 544
- abscesses and boils, 9
  - bee stings, 86

- bruises, 109  
 eczema, 220  
 hemorrhoids, 297  
 pregnancy-related problems, 422, 429, 437  
 varicose veins, 521
- Biotin, 552, 556  
 hair loss, 281  
 Syndrome X, 500
- Bitter herb digestion formula  
 arthritis, 55  
 bad breath, 83
- Bitter melon (*Momordica charantia*), 604
- Black cohosh (*Cimicifuga racemosa*)  
 about, 604  
 menopause, 373
- Black horehound (*Ballota nigra*), 379
- Black walnut (*Juglans nigra*), 407, 605
- Bladder infection (cystitis), 86–91
- Bladderwrack (*Fucus vesiculosus*)  
 about, 605  
 hypothyroidism, 323
- Blastocystis hominis*, 405
- Bleeding gums in pregnancy, 422
- Blessed thistle (*Cnicus benedictus*), 605
- Blood pressure, high, 91–97
- Blood sugar, 532, 547, 548. *See also* Diabetes
- Blood TSH (thyroid-stimulating hormone) test, 323
- Blue cohosh (*Caulophyllum thalictroides*), 605
- Body mass index (BMI), 392
- Bodywork, 676–78  
 acupressure, 661, 666–75, 684–85, 695  
 acupuncture, 661, 664–66, 684–85, 695  
 chiropractic, 685  
 craniosacral therapy, 685, 696  
 hydrotherapy, 676–78, 685  
 magnet therapy, 685  
 massage, 654–55, 666, 684, 685, 697  
 osteopathic medicine, 686  
 physiotherapy, 686  
 reflexology, 686, 687, 698
- Boils, 7–11
- Bone density, 399. *See also* Osteoporosis
- Bone fracture, 97–102
- Book, organization of, 1–3
- Boric acid  
 about, 566  
 vaginitis, 516
- Boswellia (*Boswellia serrata*), 605  
 carpal tunnel syndrome, 141  
 lupus, 358  
 muscle sprains and strains, 484
- Botulism, 257
- Bovine cartilage, 566
- Bowel obstruction, 176
- Brain. *See also individual names of conditions*  
 aromatherapy and, 653  
 fasting and, 547
- Branched-chain amino acids, 566–67
- Breathing exercises, 688–89
- Brewer's yeast, 463, 567
- British Journal of Urology*, 452
- British Medical Journal*, 206
- Bromelain, 571, 606  
 arthritis, 55  
 back pain, 76  
 bruises, 108  
 cardiovascular disease, 140  
 gout, 275  
 hearing loss, 293  
 muscle sprains and strains, 484  
 sinusitis, 479
- Bronchitis, 102–7. *See also* Cough
- Bruises, 107–10
- Bryonia alba  
 about, 633  
 back pain, 420
- Bugleweed (*Lycopus virginicus*), 606
- Bulimia. *See* Eating disorders
- Burdock root (*Arctium lappa*), 606  
 abscesses and boils, 9  
 acne, 14  
 eczema, 220  
 hives, 318  
 rosacea, 463
- Burns (including sunburn), 110–13
- Butcher's broom (*Ruscus aculeatus*), 606  
 hemorrhoids, 297  
 varicose veins, 520
- B vitamins, 552, 554–55, 556, 582. *See also individual B vitamins*
- Caffeine, 226
- Calcarea carbonica  
 about, 633–34, 645  
 back pain, pregnancy-related, 421
- Calcarea fluorica, 647
- Calcarea phosphorica, 634, 647
- Calcarea sulphurica  
 about, 647  
 acne, 14
- Calcium, 552, 557  
 ADHD, 71  
 anxiety, 49  
 back pain, 76

- Calcium (*continued*)
  - bone fracture, 99
  - cardiovascular disease, 141
  - foods with, 400
  - high blood pressure, 94
  - insomnia, 340
  - muscle aches, 388
  - osteoporosis, 400, 401
  - PMS, 441, 442
  - pregnancy-related problems, 420, 428, 431, 432, 435
  - TMJ, 504
- Calendula (*Calendula officinalis*), 66, 606
  - burns, 112
  - pregnancy-related problems, 422
- Campylobacter, 257
- Canadian College of Naturopathic Medicine, 609
- Cancer, 113–25
- Candidiasis (*Candida albicans*) (thrush and yeast infection), 11, 65, 125–30, 513
- Cantharsis (*Cantharsis vesicator*), 111, 634
- Caprylic acid
  - athlete's foot, 67
  - candidiasis, 127, 128
- Capsaicin cream, 474
- Capsules, herbal, 597, 601
- Carbidopa, 409
- Carbohydrates, 532–34
- Carbolic Acid (*Carbolicum acidum*), 86
- Carbon monoxide (CO), 415
- Carbo vegetabilis
  - about, 634
  - gas, pregnancy-related, 426
- Carbuncles, 7
- Carcinomas, 114
- Cardiovascular disease, 130–39. *See also* Cholesterol
- Carnitine, 567
- Carnosine, 568
- Carotenoids (carotenes), 553
  - burns, 112
  - cataracts, 145
- Carpal tunnel syndrome (CTS), 139–42
- Cascara sagrada (*Rhamnus purshiana*), 168, 606–7
- Cataracts, 143–47
- Catechin
  - about, 544
  - hepatitis, 303
- Catnip (*Nepeta cataria*), 607
- Cayenne (*Capsicum frutescens*)
  - cream, for arthritis, 56
  - cream, for back pain, 77
  - oral, for hearing loss, 293, 607
- Celery seed extract, 275
- Cell salts, 646–47
- Centauray, 648
- Cerato, 648
- Cetyl myristoleate (CMO), 568
- Chamomile (*Matricaria recutita*), 607, 616
  - pregnancy-related problems, 426, 431
  - ulcers, 510
- Chamomilla, 634
- Chelation therapy, 696
- Chemical food poisoning, 259
- Cherry bark, 173
- Cherry plum, 649, 650
- Chestnut bud, 649
- Chickenpox, 472
- Chicory, 649
- Children
  - aromatherapy and, 660
  - asthma in, 59
  - attention deficit hyperactivity disorder in, 68–74
  - bruises on, 107
  - diarrhea in, 199
  - ear infection in, 206–12
  - herbal medicines for, 596, 601–2
  - poisoning and, 414, 415
- China (homeopathic remedy), 265
- Chinese ginseng (*Panax ginseng*), 21, 612
  - blood pressure, 94
  - dizziness, 204
  - impotence, 329, 330
  - infertility, 335
- Chiropractic, 685, 696
- Chlorella, 568. *See also* Super green food supplements
  - gout, 275
  - pregnancy-related problems, 420, 423
- Chloride (Cl), 552
- Chlorophyll
  - about, 544, 568–69
  - bad breath, 83
- Cholecalciferol (vitamin D3), 554. *See also* Vitamin D
- Cholecystitis. *See* Gallbladder problems
- Cholesterol. *See also* Cardiovascular disease
  - antioxidants and, 591
  - cardiovascular disease and, 132
  - high, 147–54
- Choline, 552, 560–61
- Chondroitin sulfate
  - about, 569
  - osteoarthritis, 55
- Chromium, 552, 558
  - diabetes, 193
  - glaucoma, 271
  - obesity, 395

- substance abuse, 494  
 Syndrome X, 500  
 Chronic abacterial prostatitis, 450–51  
 Chronic bronchitis, 102–7  
 Chronic eczema, 218–23  
 Chronic fatigue syndrome (CFS), 154–61  
 Cimicifuga Racemosa, 421  
 Cinchona, 625–26  
 Cinnamon (*Cinnamomum zeylanicum*), 607  
   diabetes, 191, 193  
   motion sickness, 379  
 Clematis, 649, 650  
*Clostridium perfringens*, 259  
 Clove (*Syzygium aromaticum*), 607  
 Club moss (*Huperzia serrata*)  
   Alzheimer's disease, 37  
   memory, 368  
 Cluster headaches, 284–90  
 Cobalamin, 556. *See also* Vitamin B12  
 Cocculus indicus, 635  
 Coenzyme Q10, 152, 561  
   blood pressure, 94  
   cardiovascular disease, 135  
   chronic fatigue syndrome, 157  
   Parkinson's disease, 411, 412  
 Coffea cruda  
   about, 635  
   insomnia, 431  
 Colchicum (homeopathy), 275, 434  
 Colds, 161–65  
 Cold sores. *See* Herpes  
 Collinsonia (stone root), 297  
 Colloidal silver, 9, 104, 479, 569  
 Colocynthis, 635  
 Colon cancer, 119  
 Colostrum, 569  
 Comfrey (*Symphytum officinalis*), 608  
 Common cold, 161–65  
 Complex carbohydrates, 533  
 Compounding pharmacies, 682  
 Compresses, aromatherapy, 656  
 Compresses, herbal, 597  
 Comtan (entacapone), 409  
 Conductive hearing loss, 291  
 Conjugated linoleic acid (CLA), 395, 569  
 Constipation, 166–71. *See also* Hemorrhoids  
   during pregnancy, 423–24  
 Constitutional homeopathic remedies, 645–46  
 Constitutional hydrotherapy, 676–77  
*Consumer Reports*, 541  
 Copper, 552, 558  
 Coptis (gold thread), 407  
*Cordyceps sinensis*  
   chronic fatigue syndrome, 157  
   impotence, 329  
 Coriolus versicolor (*Trametes versicolor*), 119  
 Cornsilk (*Zea mays*), 608  
 Cortisol, 339  
 Corydalis (*Corydalis turtschaninovii*, *Corydalis yanhusuo*), 608  
 Cough, 171–75. *See also* Allergies; Bronchitis  
 Crab apple, 649  
 Cranberry extract (*Vaccinium macrocarpon*),  
   608, 616  
   bladder infection, 89  
   kidney stones, 352  
 Craniosacral therapy, 685, 696  
 Creams, herbal, 598  
 Creatine, 570  
 Crohn's disease, 176–81  
 Cryptosporidium, 405  
 Cullen, William, 626  
 Curcumin  
   about, 544  
   cancer, 120  
 Cyanocobalamin, 552  
 Cysteine, 570  
 Cystitis. *See* Bladder infection (cystitis)  
  
 Damiana (*Turnera diffusa*), 608  
 Dandelion (*Taraxacum officinale*), 608–9  
   leaf, for pregnancy-related problems, 424  
   root, for constipation, 168  
   root, for endometriosis, 226  
   root, for gallbladder, 265  
   root, for uterine fibroids, 235  
 Decoctions, 597–98  
 Deep breathing, 688–89  
 Dehydration, 539  
 Dementia. *See* Alzheimer's disease  
 Dentistry, holistic, 697  
 Deprenyl (Eldepryl), 409  
 Depression, 182–89. *See also* Seasonal affective  
   disorder (SAD)  
 Desensitization drops (homeopathy), 254  
 Devil's claw (*Harpagophytum procumbens*), 609  
 DEXA (dual energy X-ray absorptiometry), 399  
 DGL licorice root (*Glycyrrhiza glabra*). *See also*  
   Licorice root (*Glycyrrhiza glabra*)  
   Crohn's disease, 178  
   hiatal hernia/acid reflux, 312  
   pregnancy-related problems, 427  
   ulcers, 510  
 D-glucarate, 570

- D-glucarate (*continued*)  
cancer, 121  
endometriosis, 226  
uterine fibroids, 235
- DHA (docosahexanoic acid), 537, 572–74  
Alzheimer's disease, 37  
arthritis, 55
- DHEA (dehydroepiandrosterone), 570–71, 680–81  
chronic fatigue syndrome, 157  
impotence, 329  
lupus, 357
- DHT (dihydrotestosterone), 12
- Diabetes, 189–96
- Diarrhea, 196–201, 259. *See also* Parasites (intestinal)  
*Dientamoeba fragilis*, 405
- Diet, 529  
acid/alkaline levels in, 543  
Balch and Stengler Food Guide Pyramid, 531  
fast foods, 543  
fiber in, 537–39  
fish in, 542  
*Food Guide Pyramid*, 530–31  
macronutrients, 532–37  
meal skipping and, 542  
organic foods in, 540–42  
phytonutrients in, 544–45  
standard American diet, 530  
variety in, 540  
water in, 539–40  
of whole foods, 540
- Dietary Reference Intakes (DRI), 551
- Digestive enzyme complex  
food sensitivity, 254  
hiatal hernia and acid reflux, 312  
irritable bowel syndrome, 346  
multiple sclerosis, 384  
pregnancy-related problems, 427  
psoriasis, 458
- Dihydrotestosterone (DHT), 278, 445–46
- Dioscorides, 594
- Discoid lupus erythematosus (DLE), 354–55, 358
- Discussion of Cold-Induced Disorders and  
Miscellaneous Diseases* (Zhang Zhong-Jing), 663
- Dizziness, 202–6
- DMAE (2-dimethylaminoethanol), 571
- D-mannose, 88
- DMSO (dimethyl sulfoxide), 484
- Dong quai (*Angelica sinensis*), 441, 609
- Dramamine, 379
- Drug addiction. *See* Substance abuse (drug and  
alcohol addiction)
- Dysbiosis, 404
- E. histolytica*, 405
- Ear infection, 206–12
- Eating disorders, 212–18
- Echinacea (*Echinacea purpurea*), 9, 609  
athlete's foot, 67  
bladder infections, 89  
bronchitis, 104  
candidiasis, 128  
colds, 162–63  
cough, 173  
ear infection, 209  
fever, 231  
flu, 248  
prostatitis, 452  
shingles, 474  
sinusitis, 479  
vaginitis, 516  
warts, 525
- Eczema, 218–23
- Eldepryl, 409
- Elderberry (*Sambucus nigra*), 231  
about, 609–10  
flu, 248
- Elecampagne (*Inula helenium*), 610
- Elimination diet, for allergies, 253
- Ellagic acid, 544
- Elm, 649
- Encyclopedia of Traditional Chinese Medicinal  
Substances* (Jiangsu College of New Medicine),  
663
- Endometriosis, 223–29
- Entacapone, 409
- Environmental Protection Agency (EPA), 540
- Enzymes, 571–72  
antioxidant system and, 591  
asthma, 62  
bad breath, 83  
Crohn's disease, 179  
diarrhea, 199  
fibromyalgia, 241  
lupus, 357  
proteolytic, 119–20
- EPA (eicosapentaenoic acid)  
about, 537, 572–74  
arthritis, 55
- Ephedra (*Ephedra sinica*)  
about, 610  
problems of, 94, 270
- Equilins, 680
- Erectile dysfunction. *See* Impotence
- Ergocalciferol (vitamin D2), 554. *See also* Vitamin D
- Escherichia coli* (*E. coli*), 199, 258

- Essential amino acids, 533–34
- Essential fatty acids, 534–37
- acne, 14
  - aging, 20
  - allergies, 31
  - asthma, 61
  - attention deficit hyperactivity disorder, 71
  - bone fracture, 100
  - diabetes, 193
  - ear infection, 210
  - eczema, 220
  - endometriosis, 226
  - hair loss, 281
  - headaches, 287
  - memory, 368
  - muscle sprains and strains, 484
  - obesity, 395
  - osteoporosis, 400
  - Parkinson's disease, 411
  - pregnancy-related problems, 432
  - prostate enlargement, 448
  - Syndrome X, 500
  - uterine fibroids, 235
- Essential hypertension, 92
- Essential oils
- aromatherapy, 652–54, 657–59
  - herbal, 598
  - rosemary, 281
- Essiac, 120
- Estimated Average Requirement (EAR), 551
- Estrogens, 439, 680
- Euphrasia, 635
- Evening primrose oil (EPO) (*Oenothera biennis*), 572
- as carrier product, 659
  - eczema, 221
- Exercise, 689
- back pain, 79
  - carpal tunnel syndrome, 142
- Eyebright (*Euphrasia officinalis*)
- about, 610
  - allergies, 31
- Eyes, 660
- Fast foods, 543
- Fasting, 547–49
- Fats, 150, 534–37
- Fat-soluble vitamins, 550
- Febrile seizures, 229
- Fennel (*Foeniculum vulgare*), 610
- Fenugreek (*Trigonella foenumgraecum*), 610–11
- Ferrum phosphoricum, 635, 647
- anemia, 44
  - anemia, pregnancy-related, 419
  - bleeding gums, pregnancy-related, 422
  - fever, 231
- Fertility, 609
- Fever, 229–32
- Feverfew (*Tanacetum parthenium*)
- about, 611
  - headaches, 286
- Fiber, 537–39
- Fibroids, uterine, 232–37
- Fibromyalgia, 237–45
- Fish, 36, 542
- Fish oil, 572–73
- acne, 14
  - arthritis, 55
  - cancer prevention, 121
  - cardiovascular disease, 135
  - Crohn's disease, 179
  - depression, 185
  - glaucoma, 270
  - gout, 275
  - high blood pressure, 94
  - high cholesterol, 151
  - lupus, 357
  - multiple sclerosis, 384
  - pregnancy-related problems, 432
  - psoriasis, 458
  - seasonal affective disorder, 468
  - stroke, 489
- 5-alpha reductase, 12
- 5-Hydroxytryptophan (5-HTP)
- about, 578
  - depression, 185
  - eating disorders, 215
  - fibromyalgia, 240
  - headaches, 286
  - insomnia, 340
  - obesity, 395
  - seasonal affective disorder, 468
  - substance abuse, 495
- Flavoglycosides, 544
- Flavonoids, 544. *See also* Bioflavonoids; *individual names*
- Flaxseeds (*Linum usitatissimum*) oil, 573–74, 611, 659
- acne, 14
  - constipation, 168
  - hemorrhoids, 297
  - pregnancy-related problems, 429, 436
- Flu, 245–51
- Fluid retention (edema), in pregnancy, 424–25
- Fluoride (F), 552
- Folate, 552

- Folic acid (folacin, folate), 556  
 anemia, 44  
 gout, 275
- Fomentation, 598
- Food allergies/sensitivities, 251–56
- Food Guide Pyramid* (U.S. Department of Agriculture, 530–31)
- Food and Nutrition Board, National Academy of Sciences, 551
- Food poisoning, 257–62. *See also* Parasites (intestinal)
- Foot hydrotherapy, 677–78
- FOS (fructooligosaccharides), 574
- Fo Ti (*Polygonum multiflorum*), 281
- Free radicals, 17, 590–91
- Friese, K.H., 210
- Fructooligosaccharides (FOS), 544
- Fruit, fiber in, 538
- Fungal enzymes, 571
- Fungi. *See also* Athlete's foot (tinea pedis)  
 athlete's foot and, 65  
*candida albicans*, 125–30
- GABA (gamma-amino butyric acid), 49, 574
- Gallbladder problems, 262–68
- Gallic acid, 545
- Gamma linoleic acid (GLA), 384
- Garlic (*Allium sativa*), 611, 616  
 aging, 20  
 athlete's foot, 66  
 candidiasis, 127  
 cardiovascular disease, 135  
 ear infection, 209  
 hearing loss, 293  
 high blood pressure, 94  
 high cholesterol, 151  
 oil, for warts, 525  
 pregnancy-related problems, 425  
 stroke, 489
- Gas, in pregnancy, 425–26
- Gastritis. *See* Ulcers
- Gattefoss, Ren-Maurice, 652
- Gelsemium, 635–36
- Gentain, 649
- Gentian root (*Gentiana lutea*), 611, 616  
 candidiasis, 128  
 cataracts, 145  
 eating disorders, 215  
 food allergies, 254  
 irritable bowel syndrome, 346  
 lupus, 357  
 rosacea, 463
- Gestational diabetes, 189, 193
- Giardia, 259, 405
- Ginger root (*Zingiber officinalis*), 611, 616  
 colds, 163  
 diarrhea, 199  
 dizziness, 204  
 fever, 231  
 flu, 248  
 for food poisoning, 260–61  
 irritable bowel syndrome, 346  
 motion sickness, 378  
 parasites, 407  
 pregnancy-related problems, 426, 433
- Ginkgo (*Ginkgo biloba*), 612, 616  
 aging, 20–21  
 Alzheimer's disease, 37  
 carpal tunnel syndrome, 141  
 depression, 185  
 dizziness, 204  
 glaucoma, 270  
 hearing loss, 293  
 impotence, 329, 330  
 macular degeneration, 363  
 memory, 368  
 seasonal affective disorder, 468  
 stroke, 489
- Ginseng  
 American, 373  
 Chinese, 21, 94, 204, 329, 330  
 Siberian, 20
- GLA (gamma linoleic acid), 537
- Glandulars, 323, 574–75
- Glaucoma, 268–72
- Globe artichoke (*Cynara scolymus*), 265
- Glucosamine, 575
- Glucosamine sulfate  
 arthritis, 55  
 back pain, 77
- Glucose. *See* Diabetes
- Glucosinolates, 545
- Glutamic acid, 575
- Glutamine  
 about, 575  
 Crohn's disease, 179
- Glutathione, 577
- Glycemic index (GI), 192, 532–33
- Glycerite, 598
- Glycine, 575–76
- Glycogen, 547
- Goldenseal (*Hydrastis canadensis*), 612, 616  
 abscesses and boils, 9  
 athlete's foot, 67  
 bladder infections, 89

- bronchitis, 104  
 candidiasis, 128  
 colds, 162–63  
 cough, 173  
 diarrhea, 199  
 ear infection, 209  
 flu, 248  
 for food poisoning, 261  
 parasites, 407  
 prostatitis, 452  
 sinusitis, 479  
 vaginitis, 516  
 Gorse, 649  
 Gotu kola (*Centella asiatica*), 612  
 Gout, 273–78  
 Grains, fiber in, 538–39  
 Grapefruit seed extract, 576  
   atlete's foot, 66  
   candidiasis, 127  
   parasites, 407  
   sinusitis, 479  
 Grape seed extract  
   about, 576, 660  
   varicose veins, 520  
 Green tea (*Camellia sinensis*), 576–77, 612–13  
   anti-aging, 20  
   cancer prevention, 120, 121  
   extract, for stroke, 489  
   obesity, 395  
 Guggul (*Commiphora mukul*), 151, 323, 613  
 Guided imagery, 696  
 Gymnema (*Gymnema sylvestre*), 613  
   diabetes, 193  
   Syndrome X, 500  
  
 Hahnemann, Samuel, 625–29  
 Hair, aromatherapy for, 657  
 Hair loss, 278–83  
 Halitosis. *See* Bad breath (halitosis)  
 Hamamelis, 437  
 Harvard School of Public Health, 226  
 Hawthorn (*Crataegus oxycantha*), 613, 616  
   cardiovascular disease, 135  
   high blood pressure, 94  
 Headaches, 283–90, 678  
 Healthful Bean Dip, 70  
 Health Professionals' Follow-Up Study, 488  
 Hearing loss, 290–95  
 Heart attack and heart disease. *See* Cardiovascular disease  
 Heartburn, in pregnancy, 426–28  
 Heather, 649  
  
*Helicobacter pylori*, 507–8  
 Hemorrhoidolysis, 298  
 Hemorrhoids, 295–300, 428–30. *See also*  
   Constipation; Varicose veins  
 Hepar sulphuris  
   about, 636  
   acne, 14  
 Hepatitis, 300–306  
 Herbal medicine, 696  
   chart of, 602–23  
   for children, 596, 601–2  
   history of, 593–94  
   pharmaceuticals and, 595–96  
   preparations, 596–99  
   quality of, 602  
   safe use of, 596  
   storage of, 601  
   terms for, 599–601  
 Herpes, 306–10  
 Herpes nosode, 308  
 Herpes zoster. *See* Shingles (herpes zoster)  
 He shou-wu, 281  
 Hiatal hernia, 310–15  
 High blood pressure, 91–97  
 High cholesterol. *See* Cholesterol  
 High-potency multivitamins  
   aging, 20  
   arthritis, 55  
   attention deficit hyperactivity disorder, 72  
   bone fracture, 99  
   bruises, 109  
   cancer prevention, 120  
   cardiovascular disease, 135  
   cataracts, 145  
   depression, 185  
   diabetes, 193  
   dizziness, 204  
   eating disorders, 215  
   hearing loss, 293  
   HIV/AIDS, 26  
   macular degeneration, 363  
   multiple sclerosis, 384  
   muscle aches, 389  
   seasonal affective disorder, 468  
   stroke, 489  
   substance abuse, 494  
   Syndrome X, 500  
 Hippocrates, 594, 626, 652  
 Histamines, 29. *See also* Allergies  
 Histidine, 577  
 Hives, 315–20  
 HIV (human immunodeficiency virus), 23–28

- Holistic dentistry, 697  
 Holly, 649  
 Homeopathic combination remedies, 630. *See also*  
   Homeopathy  
     cold, 162  
     diarrhea, 199, 260  
     dizziness and nausea, 204  
     earache, 209  
     eczema/rash, 220  
     fever, 230  
     flu, 248  
     headache, 286  
     motion sickness/nausea, 379  
     nausea/vomiting, 260  
     PSM formula, 441  
     sinusitis, 479  
     vaginitis, 515  
 Homeopathy, 625, 631–44, 697. *See also*  
   Homeopathic combination remedies  
   ADHD, 71, 72–73  
   allergies, 31–32  
   anxiety, 48, 49–50  
   asthma, 61, 62–63  
   Bach Flower Remedies, 648–50  
   back pain, 76, 77–78  
   bee stings, 86  
   bladder infections, 89–90  
   bronchitis, 103–4, 105  
   carpal tunnel syndrome, 141  
   cell salts, 646–47  
   colds, 162, 163–64  
   constitutional remedies, 645–46  
   cough, 172–73, 174  
   Crohn's disease, 179–80  
   eating disorders, 215, 216  
   history of, 625–27  
   law of potentization, 627–28  
   law of proving, 627  
   law of similars, 626  
   PMS, 441  
   potency of, 630  
   prescribing and administering, 630  
   reasons for, 629  
   warts, 524, 525  
 Homocysteine, 131, 133  
 Honey suckle, 649  
 Hookworm, 405  
 Hops (*Humulus lupulus*), 613, 616  
   insomnia, 340  
   menopause, 373  
 Horehound (*Marrubium vulgare*), 613, 616  
 Hormones. *See also individual names of conditions;*  
   *hormones*  
   acne and, 12  
   adrenal, 688  
   hair loss and, 278–83  
   infertility and, 332–37  
   insulin, 189–96, 273, 498, 532  
   natural, 679–83  
   replacement therapy, 374  
   synthetic, 53, 371, 679–80  
   testing balance of, 682  
 Hornbeam, 649  
 Horse chestnut (*Aesculus hippocastanum*), 613–14  
   hemorrhoids, 297  
   varicose veins, 520  
 Horsetail (*Equisetum arvense*)  
   about, 614  
   bladder infections, 89  
 Hospital for Sick Children (Toronto), 609  
 Huang Di Nei Jing, 662  
 Human papilloma virus (HPV), 523. *See also*  
   Warts  
 Huperzia (*Qian ceng ta*, *Huperzine A*), 38, 577–78,  
   614  
 Hydrochloric acid (HCL)  
   about, 565  
   psoriasis, 458  
 Hydrogenated fats, 150, 534, 537  
 Hydrotherapy, 685  
   constitutional, 676–77  
   feet, 677–78  
   headaches, 678  
 Hydroxycitric acid (HCA), 578  
 Hyperglycemia, 189–90  
 Hypericum perforatum, 636  
 Hypertension. *See* Blood pressure, high  
 Hypoglycemia, 189–90  
 Hypothyroidism (underactive thyroid), 320–26  
  
 Ignatia (*Ignatia amara*), 636  
   back pain, pregnancy-related, 421  
   insomnia, pregnancy-related, 431  
 Impatiens, 649, 650  
 Impotence, 326–31  
 Indole-3 carbinol, 544, 578  
   cancer prevention, 120  
   endometriosis, 226  
   uterine fibroids, 235  
 Indoles, 544, 545  
 Infertility, 332–37  
 Influenza, 245–51  
 Infusions, 597–98  
 Inhalation, aromatherapy in, 655–56

- Inositol, 561  
 Inositol hexaniacinate (IP6), 352. *See also* Niacin  
 Insoluble fiber, 537–39  
 Insomnia, 337–43, 430–32  
 Insulin, 532. *See also* Diabetes; Syndrome X  
   diabetes, 189–96  
   gout and, 273  
   resistance, 498  
*International Journal of Epidemiology*, 409  
 Iodine (I), 552, 559. *See also* Hypothyroidism  
   (underactive thyroid)  
 Ipecacuanha  
   about, 636–37  
   morning sickness, 434  
 Ipriflavone, 401, 578–79  
 Iron, 552, 558–59. *See also* Anemia  
   iron sulfate, 559  
   for poisoning, 416  
   rosacea, 463  
 Irritable bowel syndrome (IBS), 344–49  
 Isoflavones, 545  
 Isothiocyanates, 545
- Jiangsu College of New Medicine, 663  
*Jing luo*, 664. *See also* Meridians  
*Journal of Aging*, 401  
*Journal of Alternative and Complementary Medicine*,  
   72, 248, 281  
*Journal of Chronic Fatigue*, 156  
*Journal of Clinical Allergy and Immunology*, 221  
*Journal of Clinical Pharmacology*, 152  
*Journal of Gut*, 199, 261  
*Journal of Obstetrics and Gynecology*, 433  
*Journal of Reproductive Medicine*, 440  
*Journal of the American Dietetic Association*, 530  
*Journal of the American Heart Association*, 134  
*Journal of the American Medical Association*  
   (*JAMA*), 89, 207, 448, 488, 550, 679  
 Juice fasts, 548
- Kali bichromicum, 637  
 Kali carbonicum, 637  
 Kali muriaticum, 647  
 Kali phosphoricum  
   about, 647  
   insomnia, 431  
 Kava (*Piper methysticum*), 614  
   anxiety, 49  
   TMJ syndrome, 504  
 Keesey Technique, 298  
 Kelp, 579  
 Ketosis, 547
- Kidney stones, 349–54  
 Kneipp, Father Sebastian, 676
- Lachesis  
   about, 637  
   preeclampsia, 435  
*Lactobacillus acidophilus*, 127, 513, 515, 562–63  
 Lao Tzu, 661  
 Larch, 649  
 L-arginine  
   impotence, 329  
   infertility, 335  
 Larix, 210  
 Laughter, for stress reduction, 689–90  
 Lavender (*Lavendula angustifolia*), 614  
 Law of potentization, 627–28  
 Law of proving, 627  
 Law of similars, 626  
 L-carnitine  
   about, 561  
   obesity, 395  
 Lead, 416  
 Ledum (*Ledum palustre*), 637–38  
   acne, 14  
   bee stings, 86  
 Leg and foot cramps, 432–33  
 Legumes, fiber in, 538–39  
 Lemon balm (*Melissa officinalis*)  
   about, 614  
   herpes, 308  
 Leukemias, 114  
 Levodopa (L-dopa), 409, 413  
 L-glutamine, 111, 495  
 Licorice root (*Glycyrrhiza glabra*), 94, 615. *See also*  
   DGL licorice root (*Glycyrrhiza glabra*)  
   cough, 173  
   hepatitis, 303  
 Light, 466, 471–72  
 Lignans, 545  
 Limonoids, 545  
 Liniments, 598  
 Linolenic acid (LA), 535–37  
 Lipase enzymes, 265  
 L-lysine, 308  
 Lomatium (*Lomatium dissectum*), 615  
   colds, 248  
   flu, 248  
   herpes, 308  
 Lozenges, herbal, 597  
 L-theanine, 580  
 L-tyrosine, 323  
 Lungs. *See* Allergies; Asthma

- Lupus, 354–61  
Lutein, 363, 579  
Lycopene, 62, 545, 579–80  
Lycopodium (*Lycopodium clavatum*), 638, 645  
  fluid retention, pregnancy-related, 424  
  gas, pregnancy-related, 426  
Lymphomas, 114  
Lysine, 309, 580
- Macronutrients  
  carbohydrates, 532–34  
  fats, 534–37  
  proteins, 533–34  
Macular degeneration, 361–65  
Macuna beans, 413  
Magnesia phosphorica, 638, 647  
  leg and foot cramps, 432  
  muscle aches and cramps, 388  
  pregnancy-related problems, 421, 426  
  TMJ, 504  
Magnesium, 552, 557  
  ADHD, 71  
  anxiety, 49  
  asthma, 61  
  back pain, 76  
  bone fracture, 99  
  cardiovascular disease, 135, 141  
  chronic fatigue syndrome, 157  
  constipation, 168  
  fibromyalgia, 240  
  glaucoma, 270  
  headaches, 286, 287  
  high blood pressure, 94  
  insomnia, 340  
  kidney stones, 352  
  motion sickness, 379  
  muscle aches, 388  
  osteoporosis, 400  
  PMS, 441  
  pregnancy-related problems, 420, 431, 432, 435  
  TMJ, 504  
Magnet therapy, 685  
Ma huang (*Ephedra sinica*). *See* Ephedra (*Ephedra sinica*)  
Maitake (*Grifola frondosa*)  
  about, 615  
  cancer, 119  
Malic acid, 240, 580  
Malocclusion, 502. *See also* TMJ  
  (Temporomandibular Joint Syndrome)  
Manganese (Mn), 552, 558  
Maritime pine bark extract, 520  
Marshmallow root (*Althea officinalis*), 615  
  hiatal hernia and acid reflux, 313  
  pregnancy-related problems, 427  
Massage, 684, 685, 697  
  acupressure and, 666  
  aromatherapy and, 654–55  
Mastic gum (*Pistachia lentiscus*), 510  
*Materia Medica, De* (Dioscorides), 594  
Maury, Madame Marguerite, 652  
Mayo Clinic, 477, 478  
Medium-chain triglycerides (MCTs), 580–81  
Melatonin, 340, 581, 680, 681  
Memory problems, 365–70. *See also* Alzheimer's disease  
Menaquinone, 554. *See also* Vitamin K  
Ménière's disease, 202  
Menopause, 280, 370–77  
Mercurius solubilis  
  about, 638–39  
  bleeding gums, pregnancy-related, 422  
Mercury, 542  
Meridians, 664, 667  
Metals, Alzheimer's disease and, 37  
Methionine, 581  
Methylsulfonylmethane (MSM), 581–82  
  allergies, 31  
  allergies, food, 255  
  arthritis, 55  
  back pain, 76  
  fibromyalgia, 241  
  hair loss, 281  
  lupus, 357  
  muscle aches and cramps, 389  
  muscle sprains and strains, 484  
  TMJ, 504  
Microbial enzymes, 571  
Migraine headaches, 283–90  
Milk, 167, 400, 557  
Milk thistle (*Silybum marianum*), 615, 616  
  bad breath, 83  
  gallbladder problems, 265  
  hepatitis, 303  
  for poisoning, 417  
  psoriasis, 458  
  substance abuse, 494  
Mimulus, 649  
Minerals, 541, 551, 557–61. *See also individual names of minerals*  
Mixed carotenoids. *See* Carotenoids (carotenes)  
Molybdenum, 552, 559  
Monosaccharides, 532  
Monosodium glutamate (MSG), 286

- Monounsaturated fats, 534  
 Morning sickness, 433–34  
 Motherwort (*Leonurus cardiaca*), 616  
 Motion sickness, 377–80  
 Mouthwashes, aromatherapy, 657  
 MSM. *See* Methylsulfonylmethane (MSM)  
 Mullein (*Verbascum thapsus*), 616  
     bronchitis, 104  
     cough, 173  
     ear infection, 209  
 Multiple sclerosis (MS), 380–87  
 Muscles. *See also individual conditions*  
     aches and cramps, 387–90  
     relaxation of, 690  
     sprains and strains, 482–86  
 Music therapy, 690  
 Mustard, 649  
 Myelin, 380–81  
 Myrrh *cerifera*, 422  
 Myrrh (*Commiphora myrrha*), 616–17  
  
 N-acetylcysteine (NAC), 582  
     bronchitis, 103  
     cough, 173  
     Parkinson's disease, 411  
     for poisoning, 418  
     sinusitis, 479  
 NADH (nicotinamide adenine dinucleotide)  
     about, 582  
     chronic fatigue syndrome, 157  
 National Academy of Sciences, 551  
 Natrum muriaticum  
     about, 639, 645–46, 647  
     fluid retention, pregnancy-related, 424  
     gas, pregnancy-related, 425  
     preeclampsia, pregnancy-related, 435  
 Natrum phosphoricum, 647  
 Natrum sulphuricum, 647  
 Natural hormones, 679–83. *See also* Hormones  
 Naturopathic medicine, 697  
 Nausea, 660  
 Needles, for acupuncture, 665–66  
 Neovascular macular degeneration, 361–62  
 Nettles (*Urtica dioica*), 617  
     anemia, 420  
     leaf, for hives, 318  
     root, for gout, 275  
     root, for prostate enlargement, 448  
     stinging, for allergies, 31  
 Neural tube defects, 556  
*New England Journal of Medicine*, 167  
 Niacin, 552, 555, 582  
     gout and, 276  
     high cholesterol, 151  
     substance abuse, 495  
 Nicotinamide adenine dinucleotide (NADH), 412  
 Non-bacterial prostatitis (NBP), 450–51  
 Nonsteroidal anti-inflammatory drugs (NSAIDs), 507, 509  
 Nori rolls, 324  
 Nurses' Health Study, 488  
 Nutrition, defined, 697  
 Nutritional supplements. *See also individual names of supplements*  
     antioxidants, 590–92  
     dosage recommendations, 551–52  
     guide to, 561–90  
     hormones as, 680–82  
     minerals, 551, 557–61  
     RDA summary table, 552  
     selection of, 561  
     vitamins, 550  
 Nuts, fiber in, 538–39  
 Nux vomica (*Strychnos nux vomica*), 639–40  
     constipation, 168  
     hiatal hernia/acid reflux, 312  
     for poisoning, 417  
     pregnancy-related problems, 421, 423, 426, 427, 434  
     substance abuse, 494  
     ulcers, 510  
  
 Oak, 649  
 Oatstraw (*Avena sativa*), 330, 617  
 Obesity, 390–98  
 Olive, 649  
 Olive leaf extract (*Olea europaea*)  
     shingles, 474  
     warts, 524  
 Omega-3 fatty acids, 535–37, 572–74  
 Omega-6 fatty acids, 535–37  
 Omega-9 fatty acids, 535–37  
 Oregano oil (*Origanum vulgare*)  
     abscesses and boils, 9  
     athlete's foot, 66  
     candidiasis, 127  
     diarrhea, 199  
     flu, 248  
     for food poisoning, 261  
     parasites, 407  
     prostatitis, 452  
     sinusitis, 479  
     vaginitis, 516  
 Oregano (*Origanum vulgare*), 617  
 Oregon grape (*Mahonia aquifolium*), 516, 617

- Organic foods, 540–42
- Organosulfur compounds, 545
- Ornithine, 583
- Osteoarthritis, 52–59
- Osteopathic medicine, 686, 698
- Osteoporosis, 398–404
- Otitis media. *See* Ear infection
- Oxidation, 590–91
  
- Pantothenic acid, 552, 555. *See also* Vitamin B5
- Papain, 571
- Paracelsus, 593–94
- Parasites (intestinal), 404–8. *See also* Food poisoning
- Parkinson's disease, 408–14
- Parsley, 83
- Partially hydrogenated fats, 150
- Passionflower (*Passiflora incarnata*), 617, 626
  - anxiety, 49
  - insomnia, 340
- Pau d'arco (*Tabebuia aellanadae*, *Tabebuia impestiginosa*), 618
- Pectin, 583
- Peppermint (*Mentha piperita*), 618
  - for food poisoning, 261
  - motion sickness, 379
  - oil, for irritable bowel syndrome, 346
- Perilla oil, 583
- Pesticides, 539–40
- Pharmaceuticals. *See also individual names of drugs*
  - companies, 594
  - hair loss and, 279
  - herbs mixed with, 595–96
  - impotence and, 327, 330
- Phenolic acids (cap?), 545
- Phenylalanine, 583–84, 589
- Phosphatidylcholine (PC), 584
- Phosphatidylserine (PS), 584
  - Alzheimer's disease, 38
  - attention deficit hyperactivity disorder, 71
  - memory, 367
- Phosphorus, 552, 557, 640, 646
- Phycocyanin, 44
- Phylloquinone, 554. *See also* Vitamin K
- Physician's Desk Reference*, 680
- Physiotherapy, 686, 698
- Phytonutrients, 544–45, 591–92
- Pine, 650
- Pituitary glandular, 323
- Plane/plantar warts, 523. *See also* Warts
- Plantain (*Plantain spp.*), 618
- Plant enzymes, 571
- Plant proteins, 533–34
- Plant sterols, 357, 384
- Podophyllum, 641
- Poisoning, 414–18
- Policosanol, 135, 151, 489, 584–85
- Polyunsaturated fats, 534
- Postherpetic neuralgia, 474. *See also* Shingles (herpes zoster)
- Potassium, 552, 557
  - high blood pressure, 94
  - muscle aches, 388
- Potency wood (*Muiria puama*), 330
- Potentization, 627–28
- Poultices, 598
- Prayer, 690
- Preeclampsia, 434–36
- Pregnancy, 418–38
  - anemia, 419–20
  - back pain, 420–21
  - bleeding gums, 422
  - constipation, 423–24
  - echinacea and, 609
  - fluid retention, 424–25
  - gas, 425–26
  - gestational diabetes, 189, 193
  - heartburn, 426–28
  - hemorrhoids, 428–30
  - infertility, 332–37
  - insomnia, 430–32
  - leg and foot cramps, 432–33
  - morning sickness, 433–34
  - preeclampsia, 434–36
  - stretch marks, 436
  - varicose veins, 436–38
- Pregnenolone, 585, 680, 681–82
- Premarin, 679, 680
- Premenstrual syndrome (PMS), 438–45
- Prempro, 679
- Prenatal multivitamins, 419, 422, 432, 435
- Price, Weston, 530
- Priessnitz, Vincent, 676
- Primary hypertension, 92
- Probiotic supplements, 511
  - acidophilus, 127, 513, 515, 562–63
  - ADHD, 71
  - athlete's foot, 67
  - bad breath, 83
  - cancer prevention, 120
  - candidiasis, 127
  - constipation, 168
  - Crohn's disease, 179
  - diarrhea, 199
  - eczema, 221

- food allergies, 254  
 for food poisoning, 261  
 FOS (fructooligosaccharides), 574  
 hiatal hernia/acid reflux, 313  
 HIV/AIDS, 26  
 insomnia, 346  
 pregnancy-related problems, 423, 427, 429  
 rosacea, 463  
 ulcers, 510  
 vaginitis, 513, 515  
 Progesterone (natural), 585–86, 680, 682  
   cream, for infertility, 334  
   cream, for menopause, 373, 374  
   cream, for PMS, 441  
   endometriosis, 226  
   hypothyroidism, 323  
   rosacea, 463  
   uterine fibroids, 235  
 Progressive muscle relaxation, 690  
 Propolis, 308, 309, 586  
 Prostate enlargement (benign prostatic hyperplasia), 445–50  
 Prostatitis, 450–55  
 Protease enzymes, 254, 572  
 Proteins, 533–34  
 Proteolytic enzymes  
   cancer, 119–20  
   muscle sprains and strains, 484  
 Provera, 679  
 Psoriasis, 455–60  
 Psyllium, 586  
   constipation, 168  
   constipation, pregnancy-related, 423  
   hemorrhoids, pregnancy-related, 429  
 Pulsatilla, 641, 646  
 Pulsatilla nigrans, 437  
 Pulsatilla (*Pulsatilla pratensis*)  
   acne, 15  
   gas, pregnancy-related, 426  
 Pumpkin seeds, 446  
 Pustular psoriasis, 456  
 Pygeum (*Pygeum africanum*), 618  
   prostate enlargement, 447  
   prostatitis, 452  
 Pyridoxine, 552, 555. *See also* Vitamin B6  
 Pyruvate (pyruvate acid)  
   about, 586  
   obesity, 395  
  
 Qi, 666, 685  
 Qigong, 661, 663, 690. *See also* Traditional Chinese Medicine (TCM)  
  
 Quercetin  
   allergies, 31  
   bee sting, 86  
   fluid retention, pregnancy-related, 425  
   hives, 318  
   prostatitis, 452, 453  
 Quinine, 625  
  
 Recipes  
   Healthful Bean Dip, 70  
   nori rolls, 324  
   with pumpkin seeds, 446  
   with wheat germ, 356  
 Recommended Daily Allowance (RDA), 551, 552  
 Red chestnut, 650  
 Red raspberry (*Rubus idaeus*), 618  
 Red yeast rice (*Monascus purpureus*)  
   about, 587  
   high cholesterol, 151  
 Reflexology, 686, 687, 698  
 Rehmania (*Rehmania glutinosa*), 373  
 Reishi (*Ganoderma lucidum*)  
   about, 618–19  
   hepatitis, 303  
 Rescue Remedy  
   about, 650  
   bee stings, 86  
 Restless leg syndrome, 338  
 Resveratrol, 587  
 Retinol/retinal, 553. *See also* Vitamin A  
 Rheumatoid arthritis (RA), 52–59  
 Rhus toxicodendron, 641–42  
   back pain, pregnancy-related, 421  
   shingles, 474  
 Riboflavin  
   about, 552  
   headaches, 286  
 Ritalin, 68  
 Rock rose, 650  
 Rock water, 650  
 Rosacea, 460–65  
 Rosemary (*Rosemary officinalis*)  
   about, 619  
   hair loss, 281  
 Royal jelly, 587  
 Rudin, Ronald, 536  
 Ruscogenins, 520  
 Ruta graveolens  
   about, 642  
   back pain, 421  
 Rye pollen extract, 587  
   prostate enlargement, 448

- Rye pollen extract (*continued*)  
 prostatitis, 452
- Sabal serrulata*, 619. *See also* Saw palmetto (*Serenoa repens*)
- S-Adenosylmethionine (SAME), 587–88  
 depression, 184–85  
 fibromyalgia, 241  
 seasonal affective disorder, 468
- Sage (*Salvia officinalis*), 619
- Saint-John's-wort (*Hypericum perforatum*), 620–21  
 depression, 185  
 eating disorders, 216  
 seasonal affective disorder, 468
- Saliva testing, 682
- Salmonella, 257
- Salves, herbal, 598
- Sarcomas, 114
- Sarsaparilla (*Smilax spp.*)  
 about, 619  
 psoriasis, 458
- Saturated fats, 534, 537
- Saw palmetto (*Serenoa repens*), 619  
 hair loss, 281  
 prostate enlargement, 447  
 prostatitis, 453
- Schisandra extract (*Schisandra chinensis*), 304
- Scleranthus, 650
- Seasonal affective disorder (SAD), 466–72. *See also* Depression
- Secret of Life and Youth, The* (Maury), 652
- Selenium  
 about, 525, 552, 559  
 acne, 15
- Senna (*Cassia senna*), 619
- Sensorineural hearing damage, 291
- Sepia, 642–43  
 constipation, pregnancy-related, 423  
 preeclampsia, 435
- Serotonin reuptake inhibitors (SSRIs), 595, 596
- Shark cartilage, 588
- Shingles (herpes zoster), 472–76
- Shitake (*Lentinus edodes*), 620
- Shults, Clifford, 412
- Siberian ginseng (*Eleutherococcus senticosus*)  
 about, 612  
 aging, 20
- Silica (*Silicea*), 643, 646, 647  
 acne, 15  
 hair loss, 281
- Silicon, 560
- Silymarin. *See* Milk thistle (*Silybum marianum*)
- Sinemet, 409
- Single homeopathic remedies, 630
- Sinusitis, 476–81
- Skin, aromatherapy and, 655, 657, 658, 660. *See also individual conditions*
- Skullcap (*Scutellaria lateriflora*), 346, 620
- Sleep apnea, 338
- Slippery elm (*Ulmus fulva*), 620  
 heartburn, 427  
 hiatal hernia and acid reflux, 312  
 ulcers, 510
- Sodium, 552, 558
- Soluble fiber, 537–39
- Solvents, used in aromatherapy, 653
- Soy (*Glycine max*), 620
- Soy isoflavones, 588
- Soy protein powder, 373
- Spirulina (*Spirulina*), 620. *See also* Super green food supplements  
 about, 588–89  
 anemia, 44
- Spongia tosta, 643
- Sprains and strains, 482–86
- Standard American diet (SAD), 530
- Standardized extracts, herbal, 599
- Staphylococcus, 257–58
- Staphysagria, 643
- Star of Bethlehem, 650
- Statins, 152
- Steam, herbal, 598
- Sterolins, 357, 384
- Stevia (*Stevia rebaudiana*), 621
- Stinging nettles (*Urtica dioica*), 31. *See also* Nettles (*Urtica dioica*)
- Stress reduction techniques, 187
- Stretch marks, 436
- Stroke, 486–92
- Strongyloides, 405
- Strontium, 401
- Substance abuse (drug and alcohol addiction), 492–97
- Sucussion, 628–29
- Sugar. *See also* Blood sugar  
 fasting and, 547  
 PMS and, 440
- Sulforaphane, 544, 545, 589
- Sulphur, 643–44, 646  
 acne, 15  
 insomnia, 431
- Sunburn, 110–13
- Super green food supplements. *See also* Chlorella; Spirulina (*Spirulina*)  
 aging, 20

- bee stings, 86  
 cancer prevention, 120  
 HIV/AIDS, 26  
 hives, 318  
 muscle aches, 389  
 Parkinson's disease, 411  
 pregnancy-related problems, 429, 432  
 psoriasis, 458  
 Super seven prescriptions, 2, remedies. *See also individual names of conditions*  
 Suppositories, 598  
 Suppositories, herbal, 598  
 Sushi, 324  
 Swank, Roy, 383  
 Sweet chestnut, 650  
 Symphytum (*Symphytum officinale*), 99  
 Syndrome X, 498–502  
 Synthetic hormones, 679–80. *See also* Hormones  
   arthritis and, 53  
   menopause and, 371  
 Syrups, herbal, 598  
 Systemic lupus erythematosus (SLE), 254–55
- Tabacum  
   about, 644  
   morning sickness, 434  
 Tablets, herbal, 597, 601  
 Tagamet, 312  
 Tai Chi, 661, 663, 690. *See also* Traditional Chinese Medicine (TCM)  
 Tap water, 539–40  
 Taurine, 589  
 Teas, herbal, 597–98, 601  
 Tea tree (*Melaleuca alternifolia*) oil, 621  
   abscesses and boils, 9  
   acne, 14  
   athlete's foot, 66, 67  
 Tension headaches, 283–90  
 Terpenes, 545  
 Testing. *See individual conditions*  
 Testosterone, 12  
 Thiamin, 552, 554. *See also* Vitamin B1  
 Thrush. *See* Candidiasis (*Candida albicans*)(thrush and yeast infection)  
 Thuga (*Thuja occidentalis*), 524, 621  
 Thyme (*Thyme vulgaris*), 621  
 Thymus extract (*Thymus vulgaris*)  
   food sensitivity, 254  
   hepatitis, 303  
 Thyroid. *See* Hypothyroidism (underactive thyroid)  
 Thyroid glandular, 323  
 Thyroidinum, 323
- Tinctures, 596–97, 601  
 TMG (trimethylglycine), 589  
 TMJ (Temporomandibular Joint Syndrome), 502–7  
 Tocopherol/tocotrienols, 554. *See also* Vitamin E  
 Toenail fungal infections, 66  
 Tolerable Upper Intake Level (UL), 551  
 Tonification and dispersal, 666  
 Toxemia, 434–36  
 Trace minerals, 551. *See also* Minerals  
 Traditional Chinese Medicine (TCM), 661–62  
   acupressure, 666–75, 684–85, 695  
   acupuncture, 664–66, 684–85, 695  
   history of, 662–64  
   meridians, 664, 667  
   stress reduction, 690  
 Trans-fatty acids, 537  
 Travel  
   motion sickness and, 377–80  
   traveler's diarrhea, 198, 259  
 Trichinosis, 405  
*Trichomonas vaginalis*, 513  
 Tubes, for ears, 207  
 Turmeric (*Curcuma longa*), 265, 621  
 Type 1/type 2 diabetes, 189–96  
 Tyrosine, 589–90
- UCLA Medical Center, 135  
 Ulcerative colitis, 178. *See also* Crohn's disease  
 Ulcers, 507–13  
 Underactive thyroid. *See* Hypothyroidism (underactive thyroid)  
 University of Calgary, 35  
 University of California, Irvine, 185  
 University of California, San Diego, 412  
 University of Texas Medical Center, 120  
 Unsaturated fatty acids, 537  
 Urticaria. *See* Hives  
*Urtica urens*, 644  
 U.S. Agency for Health Care Policy and Research, 207  
 U.S. Department of Agriculture, 530–31  
 Usnea (*Usnea barbata*), 622  
 Uterine fibroids, 232–37  
 Uva ursi (*Arctostaphylos uva ursi*)  
   about, 622  
   bladder infections, 88
- Vaginitis, 125, 513–18  
 Valerian (*Valerian officinalis*), 622  
   insomnia, 340  
   TMJ syndrome, 504  
 Valnet, Jean, 652  
 Vanadium, 560

- Vanadyl sulfate
  - diabetes, 193
  - Syndrome X, 500
- Varicose veins, 436–38, 518–23. *See also* Hemorrhoids
- Vegetables, fiber in, 538
- Veins, 518. *See also* Varicose veins
- Venereal warts, 524. *See also* Warts
- Vertigo, 202
- Vervain, 650
- Vine, 650
- Vinpocetine, 590
- Visualization, 690
- Vitamin A, 552, 553
  - abscesses and boils, 9
  - acne, 15
  - ear infection, 210
  - kidney stones, 352
- Vitamin B1, 554
- Vitamin B2
  - about, 555
  - headaches, 286
- Vitamin B3, 555, 582. *See also* Niacin
- Vitamin B5, 555
- Vitamin B6, 555
  - attention deficit hyperactivity disorder, 72
  - cardiovascular disease, 140
  - headaches, 287
  - kidney stones, 352
  - motion sickness, 379
  - PMS, 441
  - pregnancy-related problems, 425, 433
- Vitamin B12, 556
  - Alzheimer's disease, 38
  - anemia, 44
  - chronic fatigue syndrome, 157
  - fibromyalgia, 241
  - hearing loss, 293
  - hives, 318
  - insomnia, 340
  - memory, 368
  - multiple sclerosis, 384
  - psoriasis, 458
  - rosacea, 463
  - shingles, 474
- Vitamin C, 552, 556
  - allergies, 31
  - anemia, 44, 420
  - asthma, 61
  - bladder infections, 89
  - bronchitis, 104
  - bruises, 108
  - cancer, 120
  - cataracts, 145
  - colds, 163
  - ear infection, 209
  - fever, 231
  - flu, 248
  - glaucoma, 270, 271
  - hepatitis, 303
  - herpes, 308
  - high blood pressure, 94
  - high cholesterol, 152
  - HIV/AIDS, 26
  - hives, 318
  - infertility, 334
  - muscle sprains and strains, 484
  - Parkinson's disease, 411
  - for poisoning, 417
  - pregnancy-related problems, 422, 425
  - shingles, 474
  - vaginitis, 516
- Vitamin C with bioflavonoids
  - abscesses and boils, 9
  - bee stings, 86
  - eczema, 220
- Vitamin D, 552, 554
  - bone fracture, 99
  - osteoporosis, 400
- Vitamin E, 552, 554, 659, 660
  - abscesses and boils, 9
  - acne, 15
  - Alzheimer's disease, 38
  - cataracts, 145
  - eczema, 221
  - endometriosis, 226
  - hearing loss, 293
  - infertility, 335
  - kidney stones, 352
  - multiple sclerosis, 384
  - oil, for stretchmarks, 436
  - Parkinson's disease, 411, 413
  - shingles, 474
  - stroke, 489
  - uterine fibroids, 235
  - varicose veins, 521
  - warts, 525
- Vitamin K, 552, 554
  - bone fracture, 99
  - bruises, 109
  - osteoporosis, 400
  - pregnancy-related problems, 434
- Vitamins, 550. *See also individual vitamin names in detail* , 553–61

- prenatal, 419, 422, 432, 435  
RDA summary table, 552
- Vitex (chasteberry), 622  
acne, 14  
endometriosis, 226  
fibroids, 235  
impotence, 334  
menopause, 373  
PMS, 441
- Walnut, 650
- Warts, 523–26
- Water  
for drinking, 539–40  
fasts, 548  
hydrotherapy, 676–78
- Water-soluble vitamins, 550
- Water violet, 650
- Weiss, Rudolph, 616
- Wheat germ, 356
- Whey protein  
about, 590  
for HIV/AIDS, 26
- White blood cells, 533
- White chestnut, 650
- White willow (*Salix alba*)  
back pain, 77  
carpal tunnel syndrome, 141
- Wild cherry (*Prunus serotina*), 622
- Wild oats, 650
- Wild yam root (*Dioscorea villosa*), 265
- Willow (*Salix alba* and *spp.*), 622–23, 650
- Witch hazel (*Hammamelis virginiana*), 297, 429, 437, 521, 623
- Women's Health Initiative study, 679
- Wormwood (*Artemisia absinthium*), 407, 623
- Xylitol, 83
- Yarrow (*Achillea millefolium*), 230, 623
- Yeast overgrowth, 125–30, 513–18. *See also*  
Candidiasis (*Candida albicans*)(thrush and yeast infection)
- Yellow dock (*Rumex crispus*), 623  
anemia, 44, 420
- Yellow Emperor's Inner Classic, The*, 662
- Yerba santa (*Eriodictyon californicum*), 623
- Yin and yang, 663–64
- Yoga, 691, 698
- Yogurt, 127, 513
- Zeaxanthin, 363
- Zinc, 552, 560  
abscesses and boils, 9  
acne, 14, 15  
burns, 111  
colds, 163  
eating disorders, 215  
herpes, 308  
infertility, 335  
macular degeneration, 363  
prostate enlargement, 448  
prostatitis, 453